



# Post Travel Coronavirus Test Program - Additional Information

Sending Office: Office of the Attending Physician  
Sent By: Rudy.Benavides@mail.house.gov

TO: All Members of Congress and Staff

FROM: Dr. Brian P. Monahan, Attending Physician

DATE: November 18, 2020

SUBJECT: **Post Travel Coronavirus Test Program - Additional Information**

This letter provides an update to my recent Dear Colleague letter to you regarding the Mayor of the District of Columbia Travel Order of November 9, 2020 (Mayor's Order 2020-110). The Mayor's order seeks to identify and reduce travel to the District of Columbia by those who are harboring coronavirus infection and are asymptomatic. The overall direction of the Mayor's order is for travelers to obtain a COVID 19 test and negative result prior to traveling to Washington, DC, and to obtain a second COVID 19 test, 3 to 5 days after their arrival. Virtually all areas of the United States meet the Mayor's order threshold for the pre-travel testing. The Mayor's order is currently in effect until December 31, 2020, although it indicates that it may be extended. Please review this important information which reiterates my prior recommendations and guidelines regarding voluntary COVID 19 testing to be consistent with the spirit of the travel order and its public health goals and provides additional details about available testing. Information about a new option to preregister online for testing and further speed up a testing visit is also included.

As a critical infrastructure worker, you may conduct your official business immediately on arrival in the District of Columbia even if you traveled to Washington, DC from a state covered by the Mayor's order. I previously recommended obtaining a COVID 19 test and negative result prior to traveling to Washington. If you were not able to do so, you may obtain a test here in Washington, DC, on your day of arrival. I continue to recommend a post-travel test between day 3 and 5 of your stay in Washington whether you obtained a pre-travel test or not. If you obtain a test on your day of arrival in Washington, DC you may also obtain a test between day 3 and 5. If your visit to Washington, DC, is less than 1 day in duration, you do not need any testing. If your visit to Washington DC is less than 3 days, you do not need a follow-up test.

Other accompanying persons (spouse or children), who are not critical infrastructure workers, will need to quarantine for the days between their pre-travel COVID 19 test and their day 3 to 5 COVID 19 test here in Washington, DC. Persons accompanying your travel (spouse or children) will need to obtain their tests through their healthcare provider or at regional commercial sites (see my website for locations).

Access to voluntary COVID 19 testing, which is in addition to the previously available medically indicated testing program through the Office of the Attending Physician, will be available weekdays at the Capitol at HVC 200 during the following hours. Please note that my recommendations for pre-travel and post-travel testing will extend through December 31, the current expiration of the Mayor's order. Access to voluntary testing will be available during that time period when the House is scheduled to be in session.

16-20 November	<b>Monday through Friday 08:00 to 12:00</b>
23-24 November	<b>Monday and Tuesday 08:00-12:00</b>
25-27 November	<b>Closed Wednesday through Friday for Thanksgiving recess</b>

30 November – 11 December: **Monday through Friday 08:00-12:00**

## About the Test

The RT-PCR coronavirus test process is streamlined, rapid, and convenient. Individuals will report to the test center wearing a face cover. After cleansing their hands with waterless hand cleanser at the test center entrance, the individual will receive a video briefing on how they will register with the technician to provide contact information. They will watch a brief video on how perform their own nasal swab test under supervision of medical personnel. Registration information will be confirmed to ensure that we have the preferred contact for notification of results.

A first visit to the testing center will take about 15 minutes, including registration. Any subsequent visits will take less time, since the individual will already be registered. You will be asked a few questions to determine if you are within the criteria of the Mayor's travel order. (Are you a critical infrastructure worker? Do you reside in the Maryland, Washington, DC, or Virginia areas? Did you travel from outside of the area to come to Washington, DC, for your official activities?)

By using [this link](#) an individual may use their portable device to complete their registration online. It is a simple matter to fill in your registration details. This will further speed your path through the test center. As with in person registration, any subsequent visits will take less time, since the individual will already be registered.

The average notification time for the results of this test is 6 to 12 hours, with most results within 1 day. When the result is available from the laboratory, the individual receives a text message or email, along with information about what it means to have a positive or negative test.

Individuals with a negative test result need to maintain their strict adherence to social distancing standards and use of face covers as specified. A negative test result does not mean the virus is absent, only that it was not detected. It is possible to still have a small amount of virus that the test did not see. Continued caution is required in the usual conduct of daily life and interaction with others based upon the guidelines for mask wear, social distancing, and daily health self-health screening.

The Office of Attending Physician will contact you in the event of a positive test result for additional discussion. Additional interaction may occur with public health authorities who by law are notified of test results, both positive and negative.

The Office of the Attending Physician previously provided guidelines about following mask wearing, social distancing, and [Daily Health Screening Inventory](#). The current guidelines, Version 3.3, are available on my website: [Attending Physician Pandemic Social Distance Guidelines](#) Attending Physician Pandemic Social Distance Guidelines. The Speaker made an announcement on July 29 regarding entrance to the Hall of the House. Those remain in effect. Please refer to that guidance for additional information on those topics.

Physicians on duty will be available at any time to discuss questions surrounding the test or other COVID 19-related topics by calling the Office of Attending Physician at 202 225 5421.

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